

# energy dance studio

at kinetic kids gym

540.433.5437

www.kinetickidsgym.com

4753 Spotswood Trail, Penn Laird  
(3 miles east of Valley Mall on Route 33, Harrisonburg)

ages 2 to 18

SPIN IT, TWIRL IT, MOVE IT, SHAKE IT  
FOR OUR FRIENDS WHO LIKE TO MOVE TO THE BEAT

## BEGINNING DANCE PROGRAMS

For the beginning dancer (ages 2-5 years old), we have our Tiny Dancer Program. This series of courses sets your new dancer on a path to strong dance skills, and they are going to ENJOY the process! This is not your typical "practice it, practice it, practice it" repetitious curriculum that extinguishes the little dancer's excitement for the art. These classes are packed with imaginative activities that keep the kids moving and learning (even when they think they are playing).

For the beginning dancer ages 3-5		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	TINY DANCER -- LEVEL 1 ages 3-5			5:45-6:15			
TINY DANCER -- LEVEL 2							

  

Creatively move together ages 2-4		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MOMMY & ME DANCE AGES 2-4			5:00-5:30			

## SPECIALTY DANCE PROGRAMS

For ages 5 and up (or who have graduated Tiny Dancer program)		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	BALLET -- LEVEL 1	4:15-5:00	4:00-4:45				
	CHEER DANCE	5:15-6:00					
		6:00-6:45					
	CHEER STUNTING & TUMBLING				4:40-5:25		
	HIP HOP -- LEVEL 1			4:10-4:55			
	HIP HOP -- LEVEL 2			5:00-5:45			
	TAP (AGES 5 AND UP)	(see instructor)					
MODERN/CONTEMPORARY (AGES 8 AND UP)	(see instructor)						

Advanced Class Placement Also Available (at Instructor's Discretion)